



About Hypnosis

Learn more about hypnosis to attain your goals and balance your life.

Hypnosis has helped me open doors with hypnosis to my personal and professional life that I never thought possible. The positive outlook and outpouring of support is brilliant.
Summer G - Dallas

Envision a new life, a new you. Imagine knowing with certainty that life is good - that you are good. Imagine feeling free. At Dallas Hypnosis you can.

We believe in freedom - your freedom.

- Hypnosis for Weight loss.
- Hypnosis for Smoking Cessation.
- Hypnosis for Stress Management.

About Hypnosis

Hypnosis is a relaxed state of inner concentration, and has been extensively researched and found to have positive benefits. "Hypnosis works and the empirical support is unequivocal in that regard. It really does help people," says Michael Yapko, PhD, a psychologist and fellow of the American Society of Clinical Hypnosis.



Fully conscious and alert, hypnotized persons are able to focus on those issues that have confined them and been roadblocks to their success. Hypnosis allows them to focus on thought, memory, feeling and sensation while blocking out distractions. Assisted by a certified hypnotist, clients are able to gain control over and freedom from their behavior and emotions and to build new beliefs and habits. Hypnosis opens the subconscious mind to suggestions that will create and reinforce constructive outcomes.

Creating a Healthier Lifestyle with Hypnosis



The Power of Hypnosis

Hypnosis is a therapeutically technique that helps a person relax and better focus their mind. It has been used to treat various disorders or ailments and helps promote a healthier lifestyle.

Sleep Better

Sleep is essential to restore and repair the body for the next day. Some people are sleep deprived and may suffer from a sleeping disorder. Hypnosis helps promote better sleeping habits necessary for a healthy body.

Quit Smoking

Smoking can be highly addictive and is hazardous to a person's health. With hypnosis, a person can effectively defeat this nasty habit that can cause diseases such as lung cancer.

Reduce Stress

Stressed can be caused by worrying about financial, health, career and relationship problems or issues. Stress can lead to unhealthy behavior and weaken the immune system. Hypnosis can help a person manage stress and anxiety better.

Hypnosis can help a person make important changes necessary for a healthier lifestyle. If you want to begin living healthier, The Flow Center offers hypnosis programs that are guaranteed to work.

Can Hypnosis Help?

Hypnosis for weight loss and smoking cessation are the common ones, here are other areas:

- Make better decisions.
- Improve concentration.
- Overcome procrastination. Especially during tax season.
- Manage your stress.
- Promote health and well-being.
- Increase your income.
- Attract and maintain worthwhile friendships/relationships.
- Discover your negative mental patterns and how they affect you.
- Free yourself from hostility, resentment, or fear of rejection.
- Select your goals in life; chart your course for their realization.
- Create a new personal philosophy.
- Gain a happier home life; become a better husband, wife, parent, or partner.
- Acquire the ability to relax completely in any situation.
- Program your mind with positive mental concepts and success attitudes.

Hypnosis Improving Your Health for a Lifetime

Sleep Better

Stop Smoking

Auto Immune Issues

Lose Weight and Keep It Off

Manage Stress

Specialized Hypnosis Programs

- Stroke Survivor Support
- PTSD
- Life Transitions Program
- Improving Self Esteem
- Dependency Program|Overcoming Addictions

Life Purpose



Today are you asking your purpose?

Many people are questioning their purpose. As we age we find ourselves retiring, widowed, empty-nesters, or divorced.

If we have been identifying ourselves in only one way and that changes, it is normal to begin to question our purpose, to wonder what is the next step.

Having awareness that you want things to

improve is the first step in the process.

To this point in your life, you are the affect of all of your life's experiences and the feelings attached to those memories, which have shaped your current beliefs and behaviors. To change your situation and reach your goal you must remove those self-defeating beliefs and counterproductive behaviors.

Hypnosis Helps You Turn Over A New Leaf. Book Appointment.

The Flow Center

Valerie Grimes, CCHt 3303 Lee Parkway, #335

Dallas, TX 75219

972-974-2094 (c) 2014 The Flow Center

<http://dallashypnosisprograms.com>

